

# MARLEY SPOON



## **?** Hong Kong-Style Pan Fried Noodles

with Shrimp & Bok Choy



20-30min



2 Servings

Pan-fried noodles are a staple in Hong Kong cuisine. Our version features wheat noodles that crisp up in a hot skillet, forming a free-form cake. If your noodles don't hold their shape, it's okay! The key is making sure there is a contrast of textures with crispy bits and tender noodles. We top the fried noodles with saucy shrimp, bok choy, carrots, and onions. To keep it traditional Hong Kong-style, serve it up family-style!

## What we send

- 1 yellow onion
- 3 oz carrots
- ½ lb baby bok choy
- garlic
- 10 oz pkg jumbo shrimp<sup>3</sup>
- 3 oz stir-fry sauce<sup>4,5</sup>
- 1 pkt seafood broth concentrate<sup>2,3</sup>
- 2 (¼ oz) cornstarch
- 2 (2½ oz) Chinese egg noodles<sup>1,5</sup>

## What you need

- neutral oil
- kosher salt & ground pepper

## Tools

- medium pot
- medium nonstick skillet

## Cooking tip

It's okay if the noodles don't form a cohesive cake. To help hold a cake-like shape and to get a good crisp, gently press down on noodles with a flexible spatula while they cook.

## Allergens

Egg (1), Fish (2), Shellfish (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 830kcal, Fat 36g, Carbs 91g, Protein 28g



### 1. Prep ingredients

Bring a medium pot of **water** to boil.

Halve and thinly slice **onion**. Scrub **carrot**; thinly slice on an angle. Trim **bok choy**; cut crosswise into 1-inch pieces, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Rinse **shrimp**; pat dry.

In a cup, combine **stir-fry sauce, broth concentrate, all of the cornstarch, and 1 cup water**; reserve for step 5.



### 4. Cook shrimp & veggies

Heat **1 tablespoon oil** in reserved pot over high. Add **shrimp** and season with **salt** and **pepper**. Cook, stirring occasionally, until just cooked through, 2-3 minutes. Transfer to a plate.

Heat **1 tablespoon oil** in same pot over high. Add **onions, carrots, and a light pinch of salt**. Cook, stirring, until lightly browned and softened, 1-2 minutes.



### 2. Boil noodles

Add **noodles** to boiling **water**. Cook, stirring occasionally, until al dente and noodles come apart, 4-5 minutes.

Drain and transfer to a paper towel-lined rimmed baking sheet or plate. Press top with paper towels to blot any remaining water (noodles should be very dry). Wipe out pot and reserve for step 4.



### 5. Cook bok choy & sauce

Add **bok choy light greens, garlic, and a light pinch of salt**. Cook, stirring occasionally, until bok choy is softened and garlic is fragrant, 1-2 minutes. Stir in **stir-fry sauce mixture** and bring to a boil. Simmer over medium heat until sauce is thickened, glossy, and coats back of a spoon, 2-3 minutes.



### 3. Pan-fry noodles

Heat **3 tablespoons oil** in a medium nonstick skillet over medium-high. Add **noodles**, spread into an even layer, and reduce heat to medium. Cook, swirling skillet occasionally, until bottom layer is golden brown, 7-10 minutes. Carefully use a spatula to flip noodles (it's okay if they don't stick together). Cook until other side is golden brown, 5-7 minutes more. Slide noodles onto a plate.



### 6. Finish & serve

Add **shrimp** and **bok choy dark greens**. Cook until greens are just wilted and shrimp are warmed through, about 1 minute. Season to taste with **salt** and **pepper**.

Serve **pan-fried noodles** with **shrimp, veggies, and sauce** spooned over top. Enjoy!